



# *Ngondro Retreat*

## **with H. E. Sakya Jetsun Chimey Luding**

**Ngon-dro:** literally, going before. These are the preliminary or foundation practices which are invaluable in that they soften, ripen and open one's being to the Vajrayana practices. There are four parts to these foundation practices: refuge prayers & prostrations, Vajrasattva 100 syllable mantra recitation, Guru Yoga & mandala offerings. Jetsun Kushok will teach on each one of these, explaining their fine points and how to do each one.

H.E. Sakya Jetsun Chimey Luding, also known as Jetsun Kushok, was born in Tibet into the noble Khon family of Sakya and was ordained a nun at the age of eight. She studied the Lam Dre, the special teachings of the Sakya lineage, along with her brother H.H. Sakya Trizin, and at eighteen gave her first three month teachings to monks and nuns in Tibet. She is one of the three women in the history of Tibet to have transmitted the precious Lam Dre teachings, a system of contemplative and meditative practices particular to the Sakya lineage.

**Place: Sakya Kachod Choling, San Juan Island, WA**

**Date: July 8-13**

**Cost:** Out of town students: \$450 includes lodging, all meals and the retreat Canadian students may pay in Canadian dollars. If you can manage US dollars, that is a great help to the Center and deeply appreciated.

**Local students:** \$252 includes retreat and lunch each day (it is possible to have breakfast & supper for an additional charge)

Dana for the Lama is not included and is an individual donation  
You must have taken refuge to participate in this retreat.  
If you are interested in taking refuge, please contact Thrinley

Space is limited, please reserve early... for more information,  
call Thrinley 360-378-4059 or e-mail [thrinley@rockisland.com](mailto:thrinley@rockisland.com)